



Presents....

2017 Midwest Open

Sanction III Event

Powerlifting / Bench / Deadlift / Strict Curl

Meet Director: Jeremy Meyer, 1576 Trumbull Terrace, Plattsmouth, NE 68048 (402) 630-5246

Venue: Holiday Inn at Ameristar Casino * 2202 River Road, Council Bluffs, IA 51503 * (712) 322-5050

Date: Saturday March 18, 2017

Lifting: The Powerlifting, Bench Press, Deadlift & Curl will be done all on the same day.

Bench Rep challenge & Deadlift Challenge Free to all Competitors.

Time: Saturday March 18, 2017: Doors open – 8am

Weigh-in: Friday: March 17th (5-7pm)
Saturday: March 18th (8-9)am

Technical Meeting: 9:15am Lifting Starts at 9:45am.

Scales: Professional digital scale

Identification: Photo Identification is necessary for security, to verify every lifter's entry information, and to help validate drug testing. Acceptable identification includes driver's license, state ID, school ID, passport. Work ID badges and recreational/social club ID's are not acceptable.

Federation Membership Fee: Current federation membership is required. Apply online at www.rawpowerlifting.com.

Entry Fee: All fees should be paid by the **Deadline Date: March 4, 2017**

Awards: **Best Lifter Trophies, Custom Made 100% RAW Medals, & Sponsor Prize Packages**

Attire	4 th Lift	Order of Events		Music
Singlet is mandatory.	National, World Record Attempts	1. Weigh-Ins	2. Rules	Yes
		3. Competition	4. Awards	

**\$3.00 Spectator Fee
(18 & Under FREE)**

**DRUG FREE EVENT
DRUG TESTING WILL OCCUR**

**SANCTION III EVENT
STATE RECORDS
NATIONAL RECORDS
WORLD RECORDS**



**Eleiko Calibrated Weights
Ivanko Curl Bar
Buddy Capp Power Bar
Forza Bench**

2017

2017 Midwest Open

Sat, March 18, 2017

Holiday Inn at Ameristar Casino

2202 River Road, Council Bluffs, IA 51503

Meet Director: Jeremey Meyer 402-630-5246 / spcmeyer@yahoo.com

Please Print:

NAME: _____ DATE OF BIRTH: ___/___/___ AGE: ___ SEX: M F
ADDRESS: _____ CITY: _____ STATE: _____ COUNTRY: _____ ZIP: _____
DAY PHONE: _____ NIGHT PHONE: _____ EMAIL: _____
BODY WEIGHT @ weigh in: _____ / _____ kg / lb **RAW CARD NUMBER:** _____ EXPIRATION: ___/___/___

CIRCLE WEIGHT CLASS (lb):

WOMEN	66	77	88	97	105	114	123	132	148	165	181	198	198+					
MEN	66	77	88	97	105	114	123	132	148	165	181	198	220	242	275	308	308+	

DIVISIONS (CHECK AS MANY AS YOU WANT TO ENTER): Each Division has all weight classes.

Youth 6-7 8-9 10-11 TEEN: 12-13 14-15 16-17 18-19 JUNIOR: 20-24
 MASTERS: 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84
 OPEN: (ALL AGES) LAW / FIRE / MILITARY: SUB MASTERS: 35-39
 25-29 30-34 (Only as a cross-over Open)

<input type="checkbox"/> Powerlifting	\$80
<input type="checkbox"/> Bench Press	\$60
<input type="checkbox"/> Deadlift	\$60
<input type="checkbox"/> Strict-Curl	\$60
<input type="checkbox"/> Push-Pull (bench/deadlift combo)	\$70
<input type="checkbox"/> Team Fee (Roster Min of 5 people)	\$80
<input type="checkbox"/> CROSSOVERS: # OF CROSSOVERS _____ X	\$35 = _____
T-Shirt(s) _____ please indicate size & quantity	\$20 = _____
TOTAL AMOUNT ENCLOSED:	\$ _____

**ALL ENTRIES ARE DUE BY
March 4, 2017**

**Send Payment / Checks to:
Jeremey Meyer
1576 Trumbull Terrace
Plattsmouth, NE 68048**

Early Weigh-Ins:

Friday 3/17/2017
Between 5-7 pm
Holiday Inn @ Ameristar Casino

Weighs ins between 8:00am - 9:00am
on the morning of event

Rules Meeting:

Technical Meeting: Saturday,
March 18, 2017 @ 9:15 am
Lifting Starts @ 9:45 am

Rules: 100% RAW rules can be found online or by requesting from our main office. Drug testing will be conducted so be sure to take responsibility for what you put into your body. For help/info contact the USOC hotline at 1-800-233-0393 or www.wada.com.

ATHLETES MUST COMPLETE AND SIGN THE RAW RELEASE, WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY, AND THE PARENTAL CONSENT AGREEMENT ("AGREEMENT")

Release, Waiver of Liability, Assumption of Risk, Indemnity, and parental Consent Agreement ("agreement")

In consideration of being permitted to participate in a 100% RAW ("activity") I, my personal representatives, and assigned heirs and next to kin:

1. **ACKNOWLEDGES**, agree, and represent that I understand the nature of the activity and that I am qualified, in good health and in proper physical condition to participate in such activity. I further agree and warrant that if at any time I believe conditions to be unsafe; I will immediately discontinue further participation in the activity.

2. **FULLY UNDERSTAND** that: (a) **ATHLETIC ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("Risks")**; (b) these Risks and dangers may be caused by my own actions or in actions of others participating in the activity, the condition in which the activity takes place, or **THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW**; there may be **OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES** either not known to me or not readily foreseeable at this time; and **I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** I incur as a result of my participation or that of the minor in the activity.

3. **HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** the **100% RAW Powerlifting Federation, Inc., Paul Bossi, Jeremy Meyer, Holiday Inn @ Ameristar** and related affiliated and subsidiary companies of each, as well as the officers, directors, agents, employees and assigns of each, coaches, officials, administrators, members, volunteers, participants, sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, and any other party indemnified and held harmless by 100% RAW POWERLIFTING FEDERATION, INC., (each considered one of the "RELEASEES" herein) **FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, NEGLIGENT SECURITY, TRAVEL, AND RECREATIONAL OPERATIONS AND ACTIVITIES; AND I FURTHER AGREE** that if, despite this **RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT** I, or anyone on my behalf, makes a claim against any of the Release's, **I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES** from any litigation expense, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

4. Drug Testing Statement, Agreement, & Release of Liability

I give my word as an athlete that I have not utilized any type of strength-including chemicals (anabolic steroids, growth hormone, etc.) for the past three years (**Mar 18, 2014 to Mar 18, 2017**)

In consideration of the acceptance of this entry, I agree to any test method deemed necessary by the meet director(s) and that the results of said testing method which the meet director and/or sponsors of this meet use to detect the presence of the strength inducing drugs may be released to any third party (ies) and I generally and specifically waive any right to privacy if any, related there to.

I hereby waive and release, intending to be legally bound for myself, my executors, administrators, and heirs, all rights and claims for damages I may have against **100% RAW Powerlifting Federation, Inc., Paul Bossi, Jeremy Meyer, Holiday Inn @ Ameristar** and all parties associated with the **2017 - 100% RAW MIDWEST OPEN** as a result for testing positive for banned substances and the utilization of strength-inducing chemicals. I give permission to post my name and make it public if I test positive.

My entry into the 2017 - 100% RAW MIDWEST OPEN constitutes my consent to the testing procedures; and, if any such results test positive, I understand that I shall be disqualified from the pertinent competition and suspended from the federation for a 2 year term.

I have read this agreement, fully understand its terms, understand that i have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed name of participant: _____ Phone: _____

Participant's signature (only if age 18 or over): _____ Date: _____

Minor's RELEASE

And I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity. I hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless each of the release's from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the "releases" or otherwise, including negligent rescue operations and further agree that if, despite this release. I the minor or anyone on the minor's behalf makes a claim against any of the releases name above, i will indemnify, save, and hold harmless each of the releases from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

Printed name of parent or Guardian: _____ Phone: _____

Address: _____
Street City State Zip Code

Parent/guardian signature (only if participant is under the age of 18): _____ Date: _____



Membership Application

LAST NAME: _____ FIRST NAME: _____ MIDDLE INT. _____

STREET ADDRESS: _____

CITY / STATE / COUNTRY / CODE: _____
(or Province)

AREA CODE / TELEPHONE: _____ DATE OF BIRTH: ____/____/____

AGE: _____ GENDER: _____ EMAIL: _____

ADDRESS: _____

MAKE CHECK PAYABLE TO (If not paying with entry):

100% RAW
139 Marlas Way
Camden, NC, 27921

MEMBERSHIP FEE

\$30 – Adults
\$15 – Under 19
\$15 – Special Olympians

Note: Your 100% RAW membership card will expire one year from the date of purchase.

LIFTERS SIGNATURE: _____

PARENTS SIGNATURE IF UNDER 18 YRS. OLD: _____

DATE OF APPLICATION: (This Will Be Your Renewal Date): _____

By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application, I have chosen to compete in Powerlifting at my own risk.

www.rawpowerlifting.com

NEW ATHLETE: _____

RENEWAL: _____ CARD NUMBER: _____ OFFICIAL: _____ LIFTER: _____